

Mexican Pinwheels

Prep time: 15 minutes

Makes: 6 Servings

Ingredients

2 ounces cream cheese, softened
1/8 cup canned corn, drained (2 Tablespoons)
2 tablespoons chopped green chilies, drained
2/3 tablespoon chopped onion (2 teaspoons)
2 tablespoons salsa
3 large flour tortillas (10 inch)

Directions

1. Mix cream cheese, corn, green chilies, onions and salsa together.
2. Spread mixture on tortillas and roll up tightly, wrap in plastic wrap.
3. Store in refrigerator until ready to serve.
4. Slice in 1-inch slices and serve (should make 30 pinwheels)

Colorado State University and University of California at Davis. Ea

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	20 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	2 g	10%
Sodium	305 mg	13%

MyPlate Food Groups

Grains	1 ounce
--------	---------